

Health Promotion & Wellness

March/April 2021

March is Healthy Eating Month

Make Every Bite Count: The 2020—2025 Dietary Guidelines for Americans

“You are what you eat.” This familiar phrase touting the link between nutrition and good health now holds even greater meaning with the launch of the 2020-2025 Dietary Guidelines for Americans (DGA), Make Every Bite Count. Recently released by the U.S. Departments of Agriculture and Health and Human Services, the guidelines provide science-based recommendations for helping people make the best choices when planning what to eat. This new edition is the first to provide specific guidance for every stage of life, from newborns to older adults, as well as pregnant and lactating women.

To make every bite count, start with these four primary guidelines:

- Follow a healthy eating pattern throughout every stage of your life.
- Limit foods and beverages higher in added sugars, fats, sodium and limit alcohol.
- Use your personal preferences, cultural practices and budgetary limits to choose nutrient-dense foods – foods that deliver a lot of nutrients without a lot of added fat, sugar and salt.
- Choose nutrient-dense foods from all of the food groups, but pay attention to total calories. Even healthy foods can contribute to extra weight.

Key recommendations for everyone over the age of two years:

- Added sugars and saturated fats should be no more than 10% of total daily calories (10% for each).
- Limit sodium to less than 2300 mg per day (less than one teaspoon!).
- Choose nutrient-dense, fiber-rich foods throughout your life.

And for adults 21 years-old and up, the advice is for men to limit alcoholic drinks to no more than two per day. It's less for women: only one alcoholic drink or less in a day.

These guidelines place an emphasis on establishing a healthy diet pattern that can help you make the right choices to live your best, longest, healthiest life—while still enjoying eating!

For more information, check out the guidelines at the [DGA website](#).



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Navy Revises Physical Readiness Changes for CY 2021

Physical Readiness Program (PRP) Policy Changes CY2021 Cycle, and Plank and Rower Modalities

The Navy Physical Readiness Program Changes for Calendar Year 2021 that were announced in November's NAVADMIN 304/20 have been cancelled and replaced by [NAVADMIN 024/21](#), released 24 January 2021. The changes include shifting the dates of the single, six-month physical fitness assessment cycle during calendar year 2021 from July 1 through December 31, in an effort to continue to mitigate COVID-19 impacts to the fleet. Shifting the PFA cycle to July allows the Navy to execute the official PFA after the primary influenza season while allowing time for COVID-19 vaccines to be more widely distributed. All Sailors must participate in the CY2021 PFA cycle (the excellent or above validation from previous cycles does not apply). Sailors who meet the criteria for *validation* in CY2021 PFA cycle as outlined in reference (c) will be exempt from participation in PFA cycle one 2022. See the [Navy Physical Readiness Program](#) website for the new PRP Guide 15, Conduct of the Physical Fitness Assessment in COVID-19 Conditions. The Navy will continue to evaluate conditions to allow safe execution of the PRT. If required, further guidance will be provided. The key points are as follows:

Group Physical Fitness Training. Command leadership and command fitness leaders (CFL) are to ensure all proper health and fitness procedures are performed in line with local health protection condition guidance when conducting body composition assessments (BCA), physical readiness tests (PRT) and organized group physical training (command, department, division or Fitness Enhancement Program).

Command Fitness Leader (CFL) Certification. While Commander, Navy Installations Command (CNIC) has resumed teaching the CFL course, CFL certifications that were issued after 1 January 2016 are extended until 31 December 2021 due to limited course availability. Commanders may designate former CFLs who were initially certified after 1 January 2016 to act as CFLs until 31 December 2021. CFLs who have not recertified on or after 1 January 2016 are prohibited from being designated as the CFL and must take the five-day CFL recertification course. The CFL course has commenced introducing the new modalities, including requiring new students to complete a mock PFA which includes the plank.

New 2021 Physical Readiness Test (PRT) Event Sequence.

- (1) push-ups
- (2) forearm plank
- (3) cardio or alternate cardio

Unlike the curl-up event, both push-ups and the forearm plank exercise require overlapping and similar muscle groups. This sequence of events permits maximal performance on the push-ups and the forearm plank accounting for any residual fatigue from push-up execution.



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New Navy Physical Readiness Resources Available. To assist CFL/Assistant Command Fitness Leaders (ACFL) and members participating in the Navy PFA, the new standards, tutorial videos, PRP Guides and other training resources are available on the [Navy Physical Readiness Program](#) website. Sailors can prepare for the new PRT events by regularly participating in a well-rounded physical fitness routine through [The Navy Operational Fitness and Fueling System \(NOFFS\)](#). The system provides Sailors with physical fitness and nutrition information for maintaining peak physical readiness and reducing injury risk. (Note that within the NOFFS platform, planks are referred to as *pillar bridges*.) NOFFS workouts can be accessed via four mobile applications (NOFFS-Operational, Strength, Endurance and Sandbag), which can be downloaded for free using your smartphone app store.

Fitness Modality Major Revision: No More Curl-Ups! Effective immediately, curl-ups are prohibited from the PRP and shall not to be performed during any group PT or official and mock PFAs. The new fitness modalities (forearm plank and 2000-meter row) are implemented to improve the physical readiness of Sailors in alignment with the culture of excellence.

- The Forearm Plank has replaced curl-ups as the abdominal muscular endurance assessment. NHRC determined that the forearm plank is a better test of core strength and abdominal muscular endurance.
- The forearm plank will be conducted for both official and mock PFAs.
- Sailors who do not meet the minimum passing score for the forearm plank modality will not receive a *fail* for the 2021 cycle PRT only, including any mock PFAs performed. However, Sailors must still pass the BCA, the push-up and cardio modalities of the PRT. Failure to do so will result in a *fail* for PFA cycle 2021.

New Cardiovascular Testing Option. The 2000-meter row on the Concept-2 Rower will serve as another alternate-cardio option in addition to the 12-minute stationary bike, 500-yard/450-meter swim and 1.5-mile treadmill run. The 2000-meter row is a non-weight bearing, low-impact exercise, which reduces impact on the legs. More importantly, rowing provides a full body cardio workout, engaging 80 percent of the musculature of the body. Similar to the stationary bike, the Concept-2 Rower is space-saving and can be used on any naval vessel or installation. Unlike the plank, the 2000-meter row is an alternative cardio event and therefore a failing grade will be marked as a failure.

Videos that demonstrate the proper form and testing procedures for the forearm plank and 2000-meter row for Sailors and CFLs/ACFLs will be available on the [Navy Physical Readiness Program](#) website.



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Don't Lose Sleep Over Daylight Savings Time

It's that time of year again to change your clocks to Daylight Savings Time. Not sure whether to set your clock forward or backward? Here's an adage to remember: "Spring forward. Fall back." The time officially changes over on Sunday, March 14 at 0200, so you may want to reset your clock before going to bed. If it's harder to wake up or fall asleep for the next few days, it's understandable. It can take your body as long as one week to adjust. Here are some tips to help you get ready to wake up in the morning and go to sleep at night:

- About three days before the time change, start moving up your wake-up and bedtimes in 15—20 minute increments each day. Build this into your daily routine, to include mealtimes, work schedule (if possible) and when you exercise to ease the transition to the new time change.
- Starting at least one hour before bedtime, dim the lights and shut down your electronic devices. Blue light exposure before going to bed can interfere with your sleep.

More daylight savings tips are available from the [CDC](#).

'Tis the Season for Allergies

Spring officially starts on Saturday, March 20. While warmer weather and longer days are a welcome break from winter, an allergic reaction to pollen can make you feel miserable. Symptoms can include sneezing, itchy nose, eyes, ears and mouth, nasal congestion, and red and watery eyes. What can you do to offset an allergic reaction?

[The Allergy and Asthma Foundation](#) offers these recommendations:

- Limit outdoor activities when pollen counts are high to lessen your exposure to pollen.
- Keep windows closed during pollen season and use central air conditioning.
- Start taking allergy medicine before pollen season begins.
- Bathe and shampoo your hair daily before going to bed.
- Wash bedding in hot, soapy water once a week.
- Wear sunglasses and a hat to keep pollen out of your eyes and off your hair.
- Limit close contact with pets that spend a lot of time outdoors.
- Change and wash clothes worn during outdoor activities.
- Dry your clothes in a clothes dryer, not on an outdoor line.



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April is Sexual Health Month

About Sexual Health

Sexual health is a state of physical, mental and social well-being in relation to sexuality. It requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

Overview of STIs in the Department of Navy

Sexually transmitted infections (STIs) are comprised of several bacterial, viral, and parasitic infections, including chlamydia, gonorrhea, syphilis, human immunodeficiency virus (HIV), herpes simplex virus (HSV), human papillomavirus (HPV), and trichomoniasis. Chlamydia rates among active duty (AD) Navy personnel were higher than the national average. Overall, there was a 30 percent increase in gonorrhea cases in the Navy and a 20 percent increase in the Marines since 2017. Current data shows that an active duty Sailor or Marine was diagnosed as being positive for HIV about every five days. While anyone who has sex can get an STD, sexually active gay, bisexual and other men who have sex with men (MSM) have higher rates of HIV and syphilis and are disproportionately impacted.

You Can Be Sexually Healthy

The good news is that STIs, HIV, and unplanned pregnancies are mostly preventable if you practice safe sex. Condoms can be used along with other forms of birth control to reduce the risk of an unintended pregnancy and prevent STIs.

The following options can further reduce your risk:

- Use contraceptives correctly and every time.
- Get vaccinated against Human Papillomavirus (HPV).
- Say no to sex or delay sex until you are truly ready.
- Establish a long-term, mutually-monogamous relationship.
- Talk with your doctor about the most effective contraception options for your lifestyle and needs.
- Talk with your doctor about routine screening for early detection of HIV, chlamydia, and other STIs.
- Discuss Pre-Exposure Prophylaxis (PrEP) medication to prevent HIV with your doctor.
- Use a buddy system when going out to prevent alcohol and sex related incidents.

For direct assistance regarding your sexual health, contact your healthcare provider. We also offer resources and tools to help keep you fit for service and improve your overall health:

<https://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx>

More information, resources and tools about sexual health are available at the [NMCPHC HPW Toolbox](#) and at the [CDC website](#).



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What You Should Know About COVID-19 and HIV

Are people living with HIV at a higher risk of getting COVID-19? While we are still learning about COVID-19 and how it affects people with HIV, here is what you should know:

1. People who are on effective HIV treatment have the same risk of contracting COVID-19 as people who do not have HIV.
2. To date, no antiretroviral therapy drug has been proven to be safe and effective for treating or preventing COVID-19.
3. Persons with HIV should not switch their ARV regimens or add ARV drugs to their regimens for the purpose of preventing or treating SARS-CoV-2 infection.
4. People with HIV should take everyday preventive actions to help prevent the spread of COVID-19.
5. If you have HIV and are taking your HIV medicine, it is important to continue your treatment and follow the advice of your health care provider. This is the best way to keep your immune system healthy.
6. The Joint United Nations Program on HIV and AIDS and the Centers for Disease Control and Prevention declares that the COVID-19 vaccine is safe for people who are living with HIV. However, after vaccination, all medications should continue to be taken and all public health precautions pertaining to the spread of COVID-19 must still be taken.
7. If you start feeling sick and think you may have COVID-19, get in touch with your health care provider within 24 hours.

Take Action to Protect Yourself and Slow the Spread

- Clean hands frequently with soap and water (for 40–60 seconds) or an alcohol-based hand sanitizer (for 20–30 seconds).
- Cover your mouth and nose with a flexed elbow or tissue when coughing or sneezing. Throw the tissue away after use.
- Avoid close contact with anyone who has a fever or cough.
- Stay home when you are ill.
- If you are ill, wear a medical mask and stay away from others
- If you are experiencing fever, a cough and difficulty breathing and have recently travelled to, or are a resident in, an area where COVID-19 is reported, you should seek medical care immediately from your community health service, doctor or local hospital. Before you go to a doctor's office or hospital, call ahead and tell them about your symptoms and recent travel.
- Stay at least six feet (about two arm lengths) from others who don't live with you.
- Avoid crowds. The more people you are in contact with, the more likely you are to be exposed to COVID-19

Know the facts about COVID-19 and always check a reliable source, such as the Center for Disease Control and Prevention (CDC): <https://www.cdc.gov/hiv/basics/covid-19.html>.



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DOD MSR Libraries Available Free and Online!

Many of us turn to books for information, recreation, inspiration, and relaxation. The new combined DOD Digital Library is now available to active duty, retirees, family members – and contractors also! Reading lists from every branch of service are included. You can download eBooks, audiobooks, courses, and movies of any genre. From the Harry Potter series to “The Art of War” by Sun Tzu, you are sure to find something you will find interesting. If they don’t have it, you can recommend it, and once it is in, you will be first on the wait list to check it out.

Search for topics like health, weightlifting, workouts, food, and nutrition, and you’ll find several options. ALL books are available so keep in mind that there is still a need to confirm an information source with a reliable health professional, since not all information available is valid.

To get started, go to <https://dod.overdrive.com/> to register. Follow directions for beneficiary access as needed.

You can also still go to the Navy MWR Digital Library at <https://www.navymwrdigitallibrary.org/>. There are additional Service-specific links there for your perusal.

Blue H Updates

2020: Some users are experiencing issues when attempting to upload their Blue H documents into the new submission page. If you cannot access the page, please email the [Blue H Manager](#) and we will find a way to ensure you have access. This process is working well so far, and we have been able to direct most users to the page one way or another.

NOTES:

1. The Blue H extension deadline has been extended to **February 29, 2021**. We are relying on commands who are submitting to do their part and ensure the package is fully complete by comparing it to the [“Review Sheet”](#). That will save a lot of time on our end, so we passed that back to you!
2. The deadline for the 2021 Annual Plan submission has also been moved to **February 29, 2021**.

2021: Due to the change in submission process, we have delayed the 2021 criteria sheets and the new Health Risk Assessment and Health Information Questionnaire combined survey until **March 2021**.



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Microwave Series: Individual Veggie Tortilla Pizzas

We acknowledge that pizza is one of the favorite food staples for Americans! Your favorite pizza toppings may find their way into this easy recipe, but we are going to focus on some different options that you may find interesting, tasty and certainly a potentially healthier alternative. Serves 1.

Ingredients:

1 8-inch flour tortilla
1/4 cup no-cook pizza sauce
1 teaspoon olive oil
2 slices plum tomato halved
3 thawed frozen artichoke hearts, halved (can be canned)
1 ounce soft goat cheese

Instructions:

1. Warm the tortilla by microwaving on high for 30 seconds.
2. Spread sauce onto the warm tortilla. Drizzle with olive oil. Arrange the tomato slices and artichokes on top, and dot with the goat cheese. Cool for 25-35 seconds or until the cheese melts. Cut into 4 wedges. Serve immediately.

Other Options:

- Sauce and mozzarella
- Pesto sauce with sliced fresh tomatoes and fresh mozzarella cheese slices
- Sauce, black olives, and Asiago cheese
- Sauce with zucchini, green pepper, and broccoli florets

No-Cook Pizza Sauce:

Makes 1 cup, enough for four pizzas

Ingredients:

1 6-oz can tomato paste
3/4 cup water
3 Tablespoons freshly grated Parmesan cheeses
1/2 clove garlic crushed
1/2 teaspoon sugar
1/2 teaspoon onion powder
1/4 teaspoon dried oregano
1/4 teaspoon dried basil
Ground pepper to taste
Pinch of cayenne pepper
Pinch of salt

